

# Toxic Stress Steering Committee Meeting Summary

April 17, 2015

Nebraska State Office Building, Lower Level Conference Room F

## **Attendees:**

In person: Dr. Gina DiRenzo-Coffey; Ivy Bloom; Alison Keyser-Metobo; Katie Bohn; Jennifer Severe-Oforah; Cynthia Harris; Brandon Verzal; Paula Eurek; Richard Mettler; and Mai Dang (reporting).

On phone: Julie Rother.

## **Welcome & Introductions**

Richard Mettler called the meeting to order at 10:00 am. Steering Committee members introduced themselves. Paula updated that interviews for the position of Early Childhood Comprehensive Systems (ECCS) Coordinator were recently completed.

## **Review March 20<sup>th</sup>, 2015 Meeting Summary**

Paula reviewed the March Meeting Summary, and members accepted it as presented.

## **Review Second Draft of Strategic Plan**

Paula recapped the Second Draft which was based on the First Draft of Strategic Plan presented in March. In the Second Draft, Paula has added to the Background section a statement on the importance of addressing the issue of toxic stress in young children 0-3, rephrased and re-ordered the goals by importance, added specific objectives with action steps and timelines, and an ending summary.

## **Feedback on Second Draft of Strategic Plan and Next Steps for Finalizing**

Richard led the discussion on the content of the Second Draft. Suggestions were made as follows:

### **Page 1** - The Introduction paragraph:

- Add language to clarify the definition of “zero” in the age range of zero to three to include in utero.
- The phrase “set the body’s stress response system on high alert” needs expansion to highlight what actually happens, to clearly depict trauma resulting from toxic stress.

### **Page 2:** Additions/changes were made to the content of five key areas of focus:

- “across the spectrum **of audiences**”
- “community support **to promote the message**”
- “input from communities, providers, families **to define local problems**”
- “common language **shared vision**”

### **Page 3:**

- Vision statement was modified into:  
**Vision of the TSSC Strategic Plan is: Communities that support and strengthen families, helping Nebraska’s children grow up happy, health, and successful.**
- It was suggested to insert a list of guiding principles after the vision statement to help guide the accomplishment of the goals. Members came up with 8 guiding principles:
  - All families deserve a community that nurtures them

- Family-centered
  - Toxic stress in early childhood has lasting effects
  - Positive experiences and the absence of toxic stress allow maximum neuro development.
  - All kids should be able to grow up in an environment that helps them meet their potential
  - All families across Nebraska have access to quality services and support.
  - All services and support are trauma informed and culturally and linguistically sensitive
  - Decision making is data driven and evidence informed.
- Goals: Rephrase the word “collaboratively” in Goal Number 4 to reference collective impact concept of mutually reinforcing strategies.
  - Strategies and Action Plan:
    - Reformat all strategies into bullet points
    - **Goal 1:**
      - Spell out “ECCS” for first time use;
      - Point 1.3: probably need an action step earlier defining “target audiences”
    - **Goal 2:**
      - Rewording the first strategy.
      - Determine what piece of behavioral health efforts “System of Care” can be used for the purpose of this Strategic Plan.
    - **Goal 3:** In the research/ fact-findings step, need to compare indicators with those of other states? How to promote using data to make decisions in the communities?
    - **Goal 4:** Need to provide some shared data and performance measures for Point 4.3.
    - **Summary and Next Step:** Add punctuation or *which* after “experienced by young children” in the last sentence for ease of reading.

### **Transition from Strategic Planning to Operational Planning**

Paula provided reviews of the work of TSSC and ECCS:

- The TSSC progress report for the federal grant is due May 8, 2015.
- Besides this Workplan, the Together for Kids and Families program has 5 work groups in place for over 10 years, including Child Care Health Consultation, Dental/Medical Home, Early Care and Education, Mental Health, and Parent Education and Family Support. Each workgroup has been working on a special message in their field. Paula disseminated a piece of work from the Mental Health workgroup.

### **Next Steps**

As the progress report is due May 8, 2015, Paula will do the revisions, and send to members the Third Draft next week. Please help return feedback within a week. In the May meeting, members will determine the frequency of meeting for the rest of the year, and discuss moving from where we are to where the Strategic Plan points us to.

### **2015 Meeting Dates**

Meetings are from 10am – 12pm, on Friday morning at the Nebraska State Office Building, 301 Centennial Mall South in Lincoln.

May 15, Room 5B  
 July 17, Room 5B  
 September 18, Room 5B  
 November 13, Room 5B

June 19, Lower Level Room F  
 August 21, Room 5B  
 October 16, Room 5B  
 December 11, Room 5B